

# Natural Healing for the Thyroid

In general there are two kinds of Thyroid problems. Hypothyroidism; this is an underactive thyroid, generally followed by Goiter formation: and Hyperthyroidism; which is an overactive thyroid that usually develops into Grave's disease.

An underactive thyroid is the most common hormonal imbalance found in America today. Its job is to tell the body when to produce heat or not, it is also one of the controls of metabolism or body chemistry. When it is weak and the pituitary sends out TSH to direct the thyroid and it is unable to respond, TSH levels will be high in the blood tests.

When a medical test is done, any result within a wide range is deemed normal. Your thyroid could be functioning at 30% of peak efficiency, but your tests will say that's fine. Well, it's not fine - you're hypothyroid. And you have the hair loss, the lethargy & fatigue and the weight gain to prove it. Taking an anti-depressant won't do a thing for your symptoms or your hypothyroid condition.

The hormone, thyroxin, is almost pure iodine. When the thyroxin is not manufactured as it should be due to lack of iodine, chemical toxicity, or other hormone imbalances, the thyroid becomes weak and finally unable to respond to the TSH and other stimulus's sent to ask for its work. This results in the enlargement of the thyroid gland to try to make up for the weakness, and then if left uncorrected, can result in goiter.

Symptoms may be; fatigue, inability to tolerate cold, loss of appetite, a slowed heart rate, dry and scaly skin, muscle weakness, cramps, water retention, brittle nails, constipation, overweight, depression, mental symptoms such as loss of concentration, processing, yellow orange coloration to palms, and other skin areas, increased discomfort with menstrual cramps, milky breast discharge, and fertility problems.

Hashimoto's Disease is the most common cause of an underactive thyroid. This is named for the bodies/immune systems response to chemicals that create the environment for an allergic response to its own thyroxin. If this condition is left uncorrected cells begin to die in the thyroid. This is called myxedema. This is more immune system trouble than thyroid, here are some of the chemicals guilty of precipitating this condition.

Environmental chemicals (better to live in the country), some industrial chemicals, defrosting sprays used on the highways, which are nuclear waste products, poisonous fumes from various gasses, molds, certain medicinal drugs, synthetic hormones, tobacco smoke, lack of sleep in evening, and impure living are a few. These disrupt the immune system and begin this degenerative condition.

Iodine is a mineral, but one that is not abundant in the food we eat. Primarily found in very small quantities in seawater, soils are naturally deficient in iodine, especially the further away you get from the ocean.

Iodine is also fairly easily displaced from your body by toxins called toxic halides... fluoride, bromine and chloride.

Fluoride is by far the worst culprit. Found in toothpaste and in your water supply, every time you take a shower, brush your teeth or drink from the tap, your body gets a little exposure to fluoride, leeching out good iodine. And contrary to popular belief, fluoridated water is actually rather poor at preventing tooth decay.

Why is it in our water supply then? Poor science combined with corporate greed and political willful ignorance paved the way. Basically a toxic by-product of aluminum production, fluoridation was sold as a way to prevent cavities because some areas with natural fluoride in the water also had lower instances of tooth decay. Based upon that spurious observation, fluoridation began.

Because of these factors, 96% of all people tested are iodine deficient!  
31 32 33 34 35 36 37 38 39 40 41 This according to a study of 4000 patients conducted by Dr. David Brownstein, Medical Director for The Center of Holistic Medicine, and renowned author of several books on hormones, iodine and hypothyroidism.

The World Health Organization also concurs, estimating that 72% of the world's population is being affected by iodine deficiency.<sup>42</sup>

This trend is worsening. Over the last 30 years, the NHANES (National Health and Nutrition Examination Survey I) shows iodine levels have dropped 50% in the U.S.A. alone.<sup>43 44 45 46 47</sup> See article from "Women's health Institute of Texas" Dec 13, 2011

There are over 2 dozen major symptoms and signs associated with an under active thyroid. Here are just a few of the more common ones.<sup>49</sup>

- Weight gain
- Low energy - fatigue
- Ice-cold hands or feet
- Dry skin
- Hair loss (alopecia)
- Brain fog
- Insomnia, poor sleep
- Tingling in hands and feet
- Muscle pain
- Edema (swelling in ankles)
- Elevated cholesterol

What can we do naturally to correct the condition and restore the health to the thyroid?

- Detox and cleanse the body in general: get rid of the excess chemicals that the body stores away until given the tools with which to eliminate

them from the body. Begin with the **Foundational Program** and end with the **Incurables Program**

- **Boost the immune system** with:
  1. Echinacea tincture
  2. Contrast showers twice daily
  3. Dry skin brush before each shower
  4. Develop a one hour daily exercise program
  5. Bedtime begins at 9 PM
  6. Dietary changes that reflect a clean mostly raw diet (No iodized salt)
  7. Fever therapy 4-8 times a month
- **Bowel Cleansing:** Intestinal Cleanse Formula Number 1 and Intestinal Detox Formula #2 See handout on how to take...
- **Male/female Balance Formula:** Take this formula for at least three years. Begin with 4-8 droppers full morning and noon, or at least by 2PM. After 4-6 months or even sooner you will be able to decrease down to 3-6 droppers full twice per day. This regulates hormones from the pituitary, thyroid, adrenal glands, and on to the male or female glands, it is one of the most effective balancers, healers, stimulators, that I have yet discovered
- Use a **Black Super Draw Poultice** over the thyroid nightly to break loose chronic low grade inflammation, increase circulation, therefore healing and the disseminating of the condition. Here is how:

After the skin brushing and Contrast shower, apply Deep Tissue Heating Salve over the thyroid area; then place the Black Super Draw Poultice, spread on plastic wrap, directly next to skin over the thyroid. Leave all of this on all night. In the AM remove it all and discard it all, then do the contrast shower again. Continue until well!
- Take **Dulse sea weed** 2-3 rounded teaspoons full daily until well. This is a must! Then a maintenance program for Dulse intake would be 1 rounded teaspoon full daily for the next year. Nova Scotia dulse is the best if you can get it. This provides your thyroid with iodine and iodide, and in combination with the selenium in Brazil nuts you will have the necessary elements your thyroid needs to get back in full function.
- **Pink Himalayan Salt** for your usage of salt is good as it contains all 90 some minerals and your body utilizes them all fully and quickly
- **Do not drink city water** as it contains the chlorine/fluorine chemical and these can block the uptake of iodine, nor Distilled water (too acidic); Nor any toothpaste with chlorine or fluorine in it
- Drink 2-4 cups carrot juice, green smoothies 1-2 recipes, Potassium broth 10-20 ounces, coconut water from young coconuts if obtainable, daily

- Mustard greens, beans, and seeds contain tyrosine, which is a component part of thyroxine. Radishes have been used to treat both types of thyroidism as they contain raphanin which helps balance thyroxine. The fresh juice of green walnut hulls can double the thyroxine levels, boosting thyroxine by 30%
- Mother's milk is good to help babies in trouble with their thyroid, and protects normal babies
- Vitamin A and B vitamins work together to nourish the thyroid and help with the production of thyroxine
- Sunshine is absolutely necessary for the healing of the thyroid
- Oats and bananas one serving each daily help to stimulate the thyroid
- **AVOID** Fats of all kinds that have been heated, like margarine, butter, mayonnaise, anything fried, commercial peanut butter, and especially animal fats, including in the meat.
- **Avoid** electric blankets, and living under high power lines.
- If finding difficulty in reducing the problem, avoid a LOT of eating of the cabbage family; broccoli, cabbage, kale, Brussels sprouts

### Incurables Program

- Liver Flushing—see handout for Liver Flushing at [lifetreewellness.com](http://lifetreewellness.com)
- Kidney Flushing—see handout for Kidney Flushing at [lifetreewellness.com](http://lifetreewellness.com)